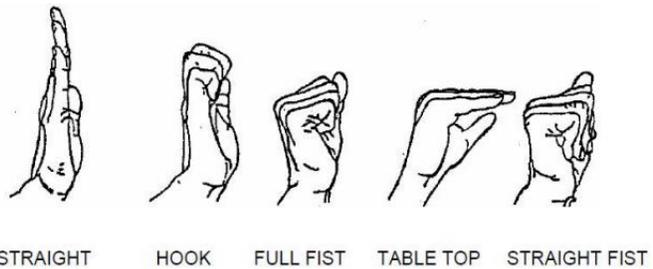


Dr. Allen Trigger Finger Release Post-Op Protocol

Post-Op Instructions

1. Keep dressings in place for 3 days post-op
2. Ok to remove dressings and replace with clean, fresh bandage
3. Keep wound and dressings dry for 3 days, ok to shower and get wound wet thereafter
4. No soaking the wound until after first post-op visit (POD #14)
5. Cryotherapy with ice or a cool pack several times a day
6. Scheduled Tylenol and Ibuprofen for pain control
 - a. Limited narcotics are given for trigger finger tunnel, this is to be used for break through pain only
7. Local anesthetic is injected at the time of the surgery for pain control, this will last 4-8 hours
8. Keep hand elevated to improve swelling into your fingers
9. Work on elbow, wrist, hand, and finger ROM
 - a. It is important to start finger motion the first post-op day to prevent stiffness.
 - b. Do the pictured exercises 3-5 times per day with 10 repetitions each
10. No heavy lifting (<3# limit)



First Post-Op Visit (~POD #14)

1. Follow up from surgery at 2 weeks post-op
2. Sutures will be removed at this appointment
3. Continue to work on hand and finger motion with emphasis on tendon glides
4. Hand strengthening with putty or a Theraball at 3-4 weeks post-op
5. Start scar massage at this time
6. Ok for lifting as tolerated
7. Referral to Hand Therapy if stiff at this visit

Second Post-Op Visit (POD~28 [OPTIONAL])

1. Depending on your progress you may elect to cancel this appointment

Recovery

1. You may do light work such as typing within the first week after surgery
2. Return to strenuous work will likely take 4-6 weeks